



Beckton & Royal Docks Children's Centre Tip Sheet

Peek-a-boo!

This Activity is suitable for babies from 4 months.

Peek-a-boo can help develop your baby's sense of 'object permanence'. This is the understanding that you don't just disappear from the world when they can no longer see you.

Read more about it on the link below

<https://www.bbc.co.uk/tiny-happy-people/babies-discover-peekaboo/z7kxgwx>

How to play:

You can use your hands to cover your face, then let go with a whole-hearted 'peek-a-boo!'

You can try different variation such as using a scarf, mirror, peek-a-boo books, hiding behind objects or hiding toys and see if your baby will reach for it themselves — reward them with a big "peekaboo" and lots of smiles.

